

Nutrition Seminars

Directions:

1. Schedule session with the vendor of your choice.
2. Be sure you have the budget to cover the fees of this program.
3. The vendor will send the district wellness team an invoice. The district team will handle the payment process.
4. Within 30 days, the district team will deduct your budget to cover the cost.
5. Your wellness budget will pay for the program, but the district team will handle the payment process.

Sarah Krieger, MPH, RDN

Number: 727-460-1413

Email: Sarah@sarahkrieger.com

Service: Nutrition

Time: 45 or 60 minutes

In person or virtual options available

Cost: \$150

Carolina Jantac, MS, RD, LD

Number: 727-459-9020

Email: carolinajantac@gmail.com

Service: Nutrition

Time: 60 minutes

Area: North County

Cost: \$250 (in person) or \$200 (virtual)

